the

FRINGE HOURS

Manifesto

WE BELIEVE THAT WE NEED TO MAKE TIME FOR OURSELVES.

WE BELIEVE IN CULTIVATING BALANCE IN OUR COMMITMENTS AND WITHIN OURSELVES.

WE BELIEVE IN LETTING GO OF SELF-IMPOSED PRESSURES.

WE BELIEVE THAT GUILT AND COMPARISON DO NOT BELONG IN OUR LIVES.

WE BELIEVE THAT TAKING CARE OF OUR MINDS, BODIES, AND SOULS IS IMPORTANT.

WE BELIEVE THAT PURSUING OUR PASSIONS IS LIFE GIVING AND LIFE CHANGING.

WE BELIEVE THAT SPENDING FIVE MINUTES DOING SOMETHING WE LOVE IS BETTER THAN WASTING THAT FIVE MINUTES.

WE BELIEVE IN EMBRACING HELP.

WE BELIEVE THAT COMMUNITY MATTERS.

WE BELIEVE IN GIVING THANKS.

WE BELIEVE IN CHOOSING JOY.

WE BELIEVE THAT LIFE IS NOT PERFECT, BUT IT IS BEAUTIFUL.